

ART AND WELLBEING

Supporting your wellbeing journey

Kara

family violence service

ART AND WELLBEING is an opportunity to explore your creativity and find healing through colour, texture, nature, play, movement and more with Art Therapy. It's a space for you to express yourself and explore life, meaning and relationships.

What to expect

- No experience necessary
- A range of art mediums such as magazine collage, watercolours, chalk, oil pastels, sculpture and more!
- Facilitated by an Art Therapist

Where and when

- Tuesday August 12
Tuesday August 26
- From 10am-1pm in the CHADSTONE AREA
- Snacks, tea and coffee supplied
- All art material supplied

How to get there

The group is located close to public transport and free parking onsite and in surrounding streets. If you're having difficulty getting to the group, assistance is available to help you get there.

**NEXT
SESSIONS**
TUES AUGUST 12
TUES AUGUST 26

How to join the group

To join or find out more about
ART AND WELLBEING

T: 03 9899 5666

E: support@karaFVS.org.au

W: www.karaFVS.org.au

